

# JUNIOR 6 TO 17 GRADING SYLLABUS

Revised January 2010

## **Beginner's course Certificated**

A certificate will be issued on the completion of the beginners' course. There is no charge for this grade. The membership book will not be issued until after the 8<sup>th</sup> kyu grading.

\*Issue and explanation of the beginners training card

\*Junior members rules (*from 'Junior membership book'*)

\*Code of conduct (*from 'Junior membership book'*)

\*Dojo rules

\*Etiquette

\*Who the instructors and assistants are – *titles and how to address them*

\*Who the CWO and CPO are and what to do if you have any concerns in or away from the club.

\*Opening and closing

\*Seiza

\*\*Meditation explained.

\*Migi ai hanmi (posture)

\*Reverse turns

\*Shikko: *Forward only*

\*\*Escapes: Katate mochi

Ryote mochi

\*\*Zenpo kaiten ukemi (*forward rolling breakfall*) on crash mat)

\*\*Basic step and punch

When all of the above has been signed and dated your class instructor will award you the purple belt. You must have paid membership in full and completed a minimum of four sessions before this belt can be awarded.

**\*Can be taught by class helper**

**\*\*Can only be taught by Insured instructor**

## **8th KYU RED**

Zenpo hiyaku ukemi (forward jumping break-fall slapping mat)

Shumatsu Dosa ich

Tai no henko ni

Renzoku dosa ich (Version 1 without tenkan)

Ai mochi ikkajo osae ich

## **7th KYU YELLOW**

Koho ukemi (backdrop without slapping)  
Hiriki no yosei ich  
Shumatsu Dosa ni  
Renzoku dosa ich (Version 2 with tenkan)  
Katate mochi shiho nage ich

## **6th KYU GREEN**

Renzoku dosa ni  
Katate mochi shihonage ni  
Katate mochi sokomen irimi nage ich  
Renzoku dosa ni  
Tai no henko ich

## **5th KYU BLUE**

Zenpo hiyaku ukemi (forward jumping break-fall slapping mat)  
Hiriki no yosei ni  
Yokomen uchi shiho nage ich  
Suwari shomen uchi ikkajo osae ich  
Katate mochi ikkajo osae ich

## **4th KYU ORANGE**

Kihon dosa (2 repetitions right & left)  
Renzoku dosa san  
Suwari katate mochi ikkajo osae ich & ni  
Shomen uchi yonkajo osae ich & ni  
Yokomen uchi kokyu nage ich & ni  
Ushiro ryote mochi kaiten nage ich & ni  
Yokomen uchi jiyuwaza. Any 3 of the following techniques repeated in same order 3 times.  
Ikkajo nage - Shihonage without follow down - Yonkajo nage  
Kaiten nage ich/ni - Kokyu nage ich/ni - Iriminage ich/ni

## **3rd KYU BROWN**

Shomen uchi shiho nage ich & ni  
Suwari tenchi nage ich and ni  
Yokomen uchi udegarami ich & ni  
Ai mochi iriminage ich & ni  
Shomen tsuki jiyuwaza (5)

## **2nd KYU BROWN**

Shomen tsuki shiho nage (applied)    ich & ni  
Hanmi hantachi katate mochi shiho nage    ich & ni  
Ushiro ryote mochi shiho nage ich & ni  
Kata mochi ikkajo osae (with trap)    ich & ni  
Yokomen uchi irimi nage ich & ni  
Ushiro ryote mochi jiyuwaza (5)  
Katate mochi jiyuwaza (5)

## **1st KYU BROWN**

Suwari mune mochi ikkajo osae (with trap) ich & ni  
Ryote mochi tenchi nage ich  
Tanto Shomen uchi gokajo osae ich & ni  
Yokomen uchi irimi nage ich & ni  
Shomen uchi irimi nage    ich & ni  
Mune mochi jiyuwaza (5)  
Ryote mochi jiyuwaza (5)  
Shomen uchi jiyuwaza (5)

## **SHODAN BLACK BELT**

Tested on a maximum of 20 techniques from kyu and shodan syllabus.

All techniques to be performed in right and left posture.

Tested on all breakfalls

Migi & Hidari ai hanmi (posture)

Kihon dosa (2 repetitions right & left)

Renzoku dosa ich - ni - san

Shomen tsuki applied shihonage ich

Kata mochi sankajo henka waza ich & ni

Kate te mochi kaiten nage ich & ni

Ushiro ryote mochi kote gaeshi ich & ni

Yokomen uchi kote gaeshi ich

Chudan tsuki udegaramae ich & ni

Shomen tsuki koshi nage ich

Hanmi handachi yokomen uchi shiho nage ich & ni

Happo undo (bokken)

13 jo kata

Three jiyuwaza (sensei's choice)

Knife jiyuwaza (see note below)

NB: Knife to be handed back to uke after each technique.

Candidate must hand in an A4 page essay on aikido two weeks before grading.

Candidates must be 14 years or older and must hold dojo captain status.

NB: Tanto – foam sleeves only to be used until student has demonstrated safe practice then following assessment by junior instructor rubber knives can be used.

**WOOD OR METAL KNIVES ARE NOT TO BE USED WITH UNDER 18's UNDER ANY CIRCUMSTANCES. WE ARE NOT INSURED TO USE METAL BLADED WEAPONS IN AIKIDO AT ANY TIME UNDER ANY CIRCUMSTANCES.**